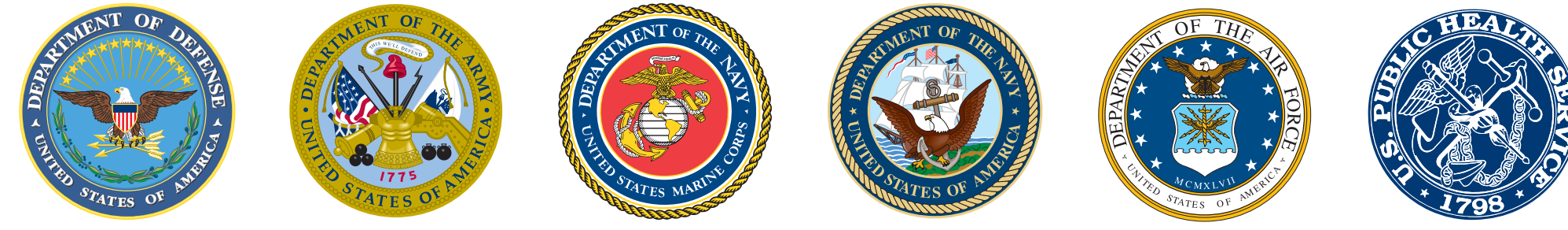


## Physical Activity Tips:

- Make important contributions to your health, sense of well-being, and ability to maintain a healthy body weight by participating in a regular exercise program.
- Build more physical activity into your daily routine at home or work, such as walking or biking rather than driving.
- Accumulate short bouts (10 minutes) of physical activity over the course of the day to achieve a total of at least 30 minutes for the entire day.
- If you are pregnant, and do not have any medical or obstetric complications, get at least 30 minutes of moderate intensity physical activity on most days. You should feel some exertion, but should be able to carry on a conversation.
- If you are breastfeeding, engage in regular physical activity. Exercise does not adversely affect your ability to successfully breastfeed your baby.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.
- Remember to drink water regularly before, during and after physical activity.
- If you are a man older than 40 years and a woman older than 50 years, and you have a chronic disease or a risk for a chronic disease, consult your doctor before beginning an exercise program.
- Replace sedentary activities, like watching television with activities that require more movement.



# Find your balance between food and physical activity

USDA's MyPyramid symbolizes a personalized approach to healthy eating and physical activity. It reminds individuals two years of age and older to make healthy food choices and to be active every day. The different parts of the MyPyramid symbol are described below.

### Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Be physically active for at least 30 minutes on most days of the week.

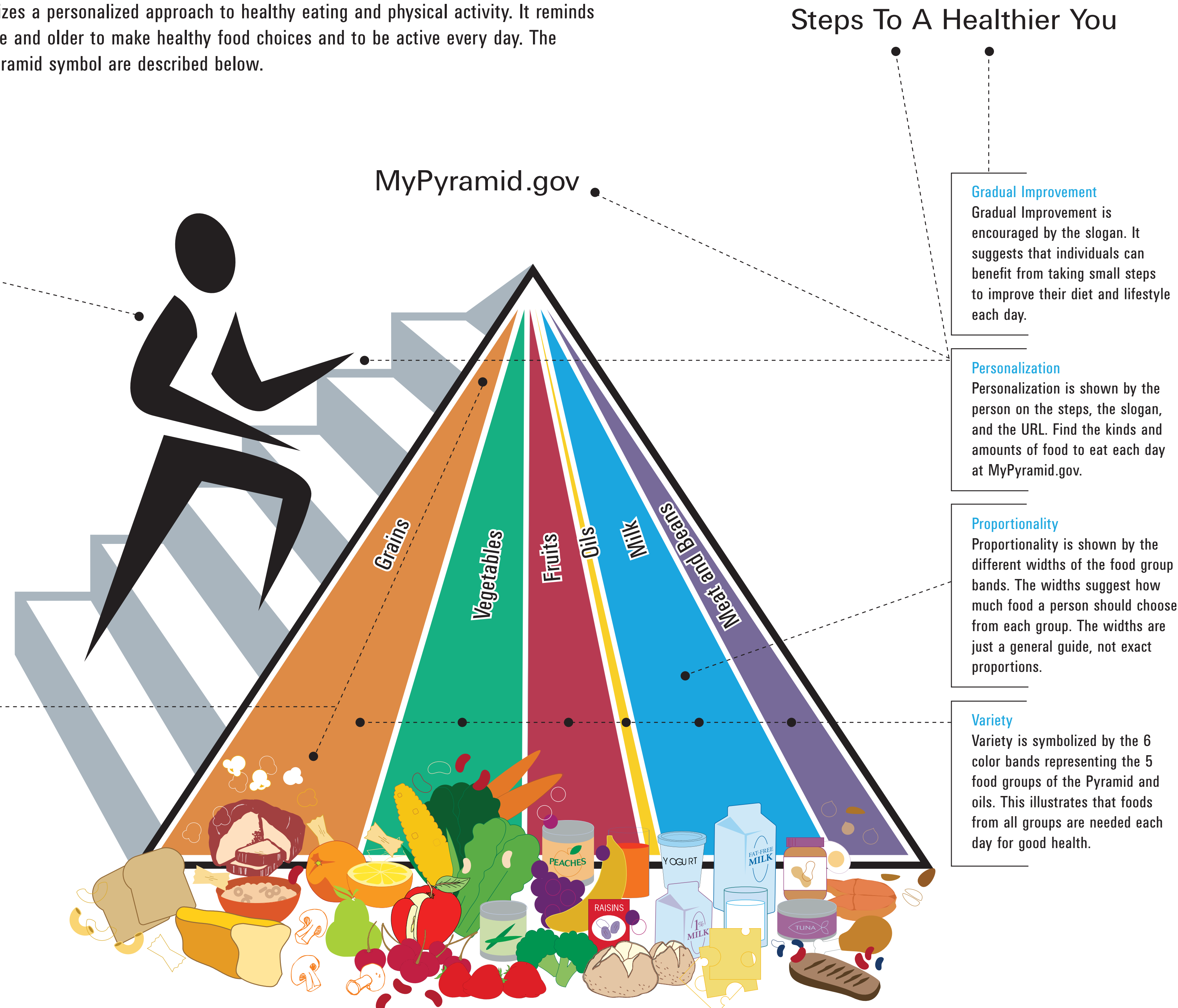
You may need 60 minutes of physical activity to prevent weight gain.

60-90 minutes of physical activity may be needed for weight loss.

Children and teenagers should be physically active for at least 60 minutes everyday, or most days.

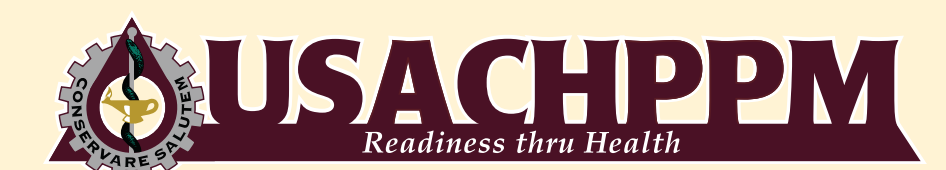
### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.



## Nutrition Tips

- Make half your grains whole to reduce your risk for several chronic diseases and help with weight maintenance.
- Eat more dark-green vegetables like broccoli, spinach, and other dark leafy greens which are an excellent source of Vitamins A and C.
- Eat more orange vegetables like carrots and sweet potatoes which are an excellent source of Vitamin A.
- For the benefits of fiber, choose whole fruit more often than fruit juice.
- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard as well as foods that contain these fats.
- Choose foods and beverages low in added sugars and sodium.
- Go low-fat or fat-free when you choose milk, yogurt, and other milk products.
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.
- Vary your protein routine - choose more fish, beans, peas, and nuts.
- Bake, broil, or grill meats, poultry and fish.



<http://chppm-www.apgea.army.mil/dhpw/Wellness/5aDay.aspx>